5-31-90

Inside Today:

Snorkling for a grade

See page 8

This is the final issue of the Star this semester

Health on the run

See page 6

VALLEY STAR

Thursday
May 31, 1990

Van Nuys, California | Serving Valley College for 41 years | Vol.41, No.29

Student alleges 'empty chair' enrollment trap

By DORA ROMAN
Editor in Chief

"You have to question how ethical the instructors are. The administration is a group of people that you cannot rely on; they are not there for the students."

These comments came from a Valley student taking Family and Consumer Affairs 10. The student, wishing not to be identified, who made these remarks was shocked and disappointed at the treatment received from Valley's administration, which was called "callous" by the student.

This student also made a complaint over the phone and submitted a written complaint to the president of Valley, Dr. Mary Lee.

The student alleges Professor Doris Davis, instructor of Family and Consumer Studies 10, announced at the beginning of the semester that she needed a favor to keep another teacher's class open.

"She also told the class that we were not obligated to attend the class;" alleged the student.

The class was added to the curriculum of the department by Davis. "This class was not doing very well. I took the class thinking it was a TBA (to be arranged) class and part of my own class, but not mandatory. I also assumed that she would drop me to make room for other students," said the Family and Consumer Affairs student.

"I never attended the class, but when I went to check my record, I was still enrolled," said the student. "Then it dawned on me what she was doing."

The student spoke with John Barnhart, assistant dean of admissions, to eliminate the "W" on her record. "I thought it was unfair to be penalized" said the student.

The student alleges that Barnhart's response was, "You should speak to the instructor and have her drop you."

When the student took the complaint to other people in the administration, the student was disappointed by their reactions as well.

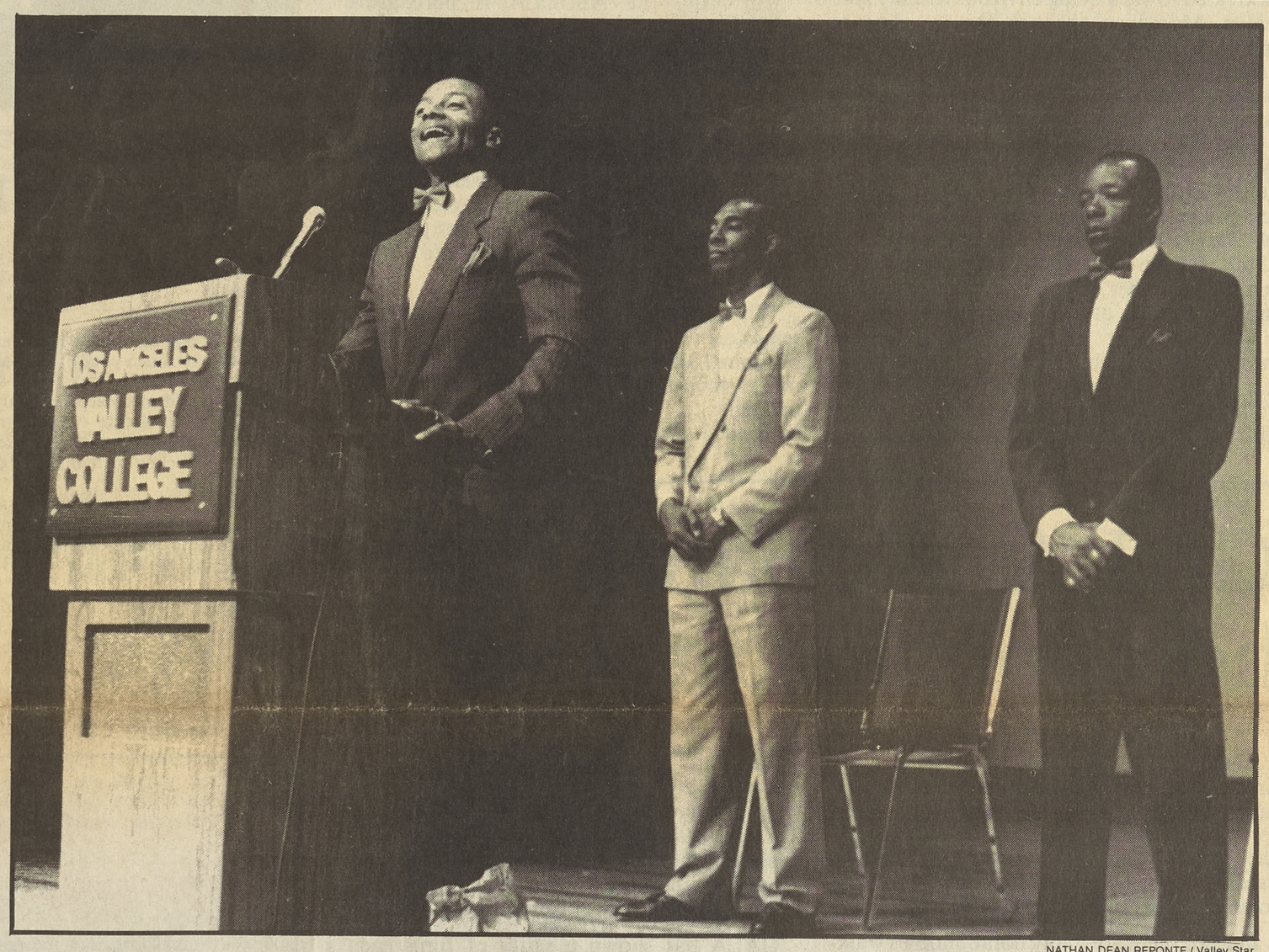
The student alleges that Angelo Val Villa, dean of academic affairs, told her that the insructor would get a slap on the wrist and get a note in her file. "His reaction was the same as Sprague's," said the student.

The student alleges that Robert Sprague, also a dean of academic affrairs, commented on how this was not an uncommon practice for instructors. According to the student, "Sprague asked why was I enrolled in a class that I was not attending."

"Other students were affected in the same way but did not feel compelled to really do anything more," said the student.

"I wish for other students to stand up for their rights and make a written complaint, because it is unreasonable that you as a student are made responsible for unethical

See Alleged, page 3



NATHAN DEAN REPONTE / Valley Star

BLACK UNITY— Minister Charles X, flanked by two members of the Nation of Islam Church, spoke in Monarch Hall Friday. Charles X, a follower of the controversial Louis Farrakhan, was invited to Valley College by the Black Student Union. Calling for unity to uplift blacks in Los Angeles, the Nation of Islam leader spoke for two hours after telling listeners to keep an open mind.

New ASU president Jelsvik supports student vote proposal

By JOE DON LEWIS
Staff Writer

A majority of the Associated Student Union's election campaingns have come to an end, with Elaine Jelsvik claiming victory as the new ASU president at Valley for Fall 1990.

Jelsvik, who was running against Angelo Riley for the position, beat out her opponent with 43 votes, compared to Riley's 14. In addition, Alex Revel was approved as the new vice president on the council, with 54 votes of approval and only 6 votes against his taking the seat.

The position of treasurer went to Joel Sanchez, who had 45 votes against Silvia Valdivia's 14.

One of the key issues on the advisory ballot was a student poll conducted on campus to determine whether all future student elections at Valley would be open to all students, rather thân just ASU members, as it has been done in the past.

Sixty six ASU members and 21 students participated in the poll, with 76 voting in favor of the idea and only 10 opposing.

The poll must now be voted on by the executive council and its members in order for the idea to take effect, with at least two-thirds vote of approvla by the 1,900 ASU members of Valley.

Jelsvik said she will vote in support of the idea. "By making (non-ASU) people members, it;s like a poll tax," Jelsvik said. "We want to increase our membership, but we want them (the students) to be excited by the ASU and what it can do."

See Elections, page 3

Roman conquers Valley Star

By PATRICIA RUBIO
Staff Writer

First she conquered photography, then she survived food poisoning. Now, Dora Roman has targeted the *Valley Star* as a new challenge by becoming the new editor in chief for the fall semester.

DORA ROMAN

Roman was unanimously appointed editor in chief by the journalism instructors.

"I think I can encourage positive changes in the *Star*, and I think my staff and I will work well together," said Roman.

The *Star's* fall production editors have confidence in Roman's leadership abilities.

"I think Dora is the right choice because she has the ability to communicate with others," said opinion editor Jeremy L. Brewer. "Dora also possesses a strong working knowledge of how the journalism department works."

"Since she has been one of my closest friends for more than five years, I feel great about Dora becoming the new EIC," said gallery editor Luther Orrick. "I'm sure with her easy-going attitude and determination, she will do a great job."

Roman was the associate news editor during the Spring semester. Moreover, Roman is also an award-winning photographer.

Roman's victory at the JACC competition in Ventura earned her the rank as being fourth-best news photographer among Southern California community colleges.

"I became seriously intrested in photojournalism as a career in high school. My future goals include becoming a photojournalist for either a newspaper or magazine," said Roman.

Roman demonstrated an interest in writing and newspaper production early in her childhood.

"When I was in the seventh-grade, I made my own newspaper, which included writing, art work and photography, to celebrate France's independence day in Guatemala," said Roman.

Roman almost didn't live to become EIC. While on vacation in Mexico and Central America, Roman ate some tainted cheese and nearly died.

"Being so close to death made me appreciate life, that's why I live life to its fullest potential," said Roman.

Her plans for the fall issues of the *Star* include running articles that relate to the college and the community.

"I plan to work in a professional atmosphere and encourage deadlines, but still make the work fun," said Roman.

A self-proclaimed "material girl," Roman's hobbies include shopping and collecting James Dean and Depeche Mode memorabilia.

Final Examination Schedule

SPRING SEMESTER 1990, Thursday, June 7 - Friday, June 15, 1990

Except for classes of less-than-semester length, THE LAST DAY OF INSTRUCTION FOR ALL CLASSES DAY AND EVENING, is Wednesday June 6.

Classes which meet only one day per week will have their final exam at the first regular class meeting after June 6.

Classes of less-than-semester length will have their final exams at the last class meeting.

All 4:00 p.m. and evening classes will have their final exams as follows:

Monday classes:	June 11	Wednesday classes:	June 13
Tuesday classes:	June 12	Thursday classes:	June 7

Final examinations MUST be held on the DAY AND TIME SCHEDULED in regularly assigned classrooms and should not exceed two hours in duration. The date of the final exam is determined by the first day and first hour a class meets.

To use the schedule below, locate the day and hour of your class on the grid. In case of problems or conflicts - see instructor.

Final Exam Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8–10 am				June 7 9 & 9:30 T or Th	June 8 8 & 8:30 M, W or F	June 9 All Saturday Classes
10:30 am 12:30 pm				10 & 10:30 T or Th	10 & 10:30 M, W or F	
1–3 pm				1 & 1:30 T or Th	1 & 1:30 M, W or F	
Final Exam Times	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
8–10 am	June 11 9 & 9:30 M, W or F	June 12 8 & 8:30 T or Th	June 13 7 & 7:30 M, Wor F	June 14 7 & 7:30 T or Th	June 15	
10:30 am 12:30 pm	11 & 11:30 M, W or F	11 & 11:30 T or Th	12 & 12:30 M, W or F	12 & 12:30 T or Th		
1–3 pm	2 & 2:30 M, W or F	2 & 2:30 T or Th		3 & 3:30 T or Th	3 & 3:30 M, W or F	

STAR EDITORIALS

Making ecological sense through recycling ideal

ASU should enact LAVC recycling program

Now that the positions for the Associated Student Union have been filled, it is vital for these new officials to think about the needs of Valley's campus as well as the environment.

The *Star* urges the ASU to start a recycling program. Such a program would get students motivated toward being environmentally conscious. Moreover, through the recycling of paper, aluminium cans, plastic and glass, Valley students would be doing their share to avoid the unfortunate growth of the landfills in and around Los Angeles County.

The ASU should follow the example set by the Associated Students, University of California at Los Angeles (ASUCLA). In September 1989, the ASUCLA started a recycling program with four employees and 60 bins for the collection of recyclables. Since then, the number of employees has increased and the number of bins has reached 400.

Valley can also have bins throughout the campus for recycable paper, aluminium cans, and plastic and glass. The ideal locations would be inside or near the cafeteria and by all food stands and canned soda machines.

Our newly elected ASU President, Alaine Jelsvik, should not fear the possibility of failure. The UCLA program has been a tremendous success. In just five months since its initiation by ASUCLA, UCLA has recycled more than 48 tons of paper.

Currently, the ASUCLA is purchasing recycled paper products and has formed a collection site, on campus. From there, all products are taken to a local recycling company.

Just as ASUCLA periodically sponsors an event called "Bring Your Stuff from Home," Valley's students, along with the surrounding community, could participate in such a program. This would give our students the convenience of preparing for a recycable tomorrow.

What could be fresher than starting a semester, Fall 1990, with such a successful program? With the celebration of Earth Day not so long ago, it would be timely and intelligent to follow a trend that makes ecological sense.

Allow others to touch your life

By NANCY VIGRAN
Staff Writer

How quickly and how deeply can one professor touch your life? In an instant and incredibly so.

In our world of choices, it is not always easy to decide on careers, goals and expectations of our life. Such is the feeling of many college students today.

Using myself as an example, at age 35, I have still been searching for something which will give my life meaning as well as a creative outlet.

We could all work at mundane jobs and keep earning the paycheck in which we need to live, but why not look for that which might make us feel useful, helpful and creative.

Looking for such, I started taking one or two classes each semester here at Valley College.

Almost every subject is interesting and I have taken classes with some wonderful professors in their field, but what direction did I want to pursue?

Bingo! This semester I signed up for Journalism 8, magazine writing, with Leo Garapedian. What an exciting subject! What an interesting textbook! What a wonderful professor!

In the short nine weeks, this gentle man has influenced my life greatly. I can only imagine what a tremendous affect he has had on others that were lucky enough to have had more time with this positive and upbeat person.

With kindly persuasion he convinced students that they count; everyone is an individual.

One exciting factor of his teaching was to influence students to really get to know "who you are." It was an assignment, and not necessarily an easy one, for class.

In a short period of time, Garapedian taught us how to sense everything around us, not only through sight and sound, but touch, taste and smell as well.

Although quiet and humble, this nonobtrusive man revealed much of his inner-self, his dedication to his origins, his intrigue for adventure and his ambition that "To make it, you have to take a chance."

There was so much more that I had hoped to learn from this man, but yet I have learned a great deal. One can learn a great deal very quickly not only through professors, but others you meet in your life as well.

Take advantage of what others have to offer and allow them to touch your life.

GALA alleviates homophobic attitudes

AIDS is a disease that does not discriminate and is rapidly spreading among the young, the poor and the minority population. Unfortunately, much of society has not yet become aware that AIDS is no longer a disease of just homosexuals. Because of this isolationist attitude, homophobia still exists.

Indeed, there are many homophobics walking around campus, wondering who is gay and who is not, whether the glass at the restaurant is clean or if the public restroom is safe to use.

Some extremes are like Rose, former Valley student, who lives in West Hollywood. Out of fear from contracting AIDS, Rose runs hots water through the machines at the local laundry mat before putting her cloths in to be washed.

Many gay people on campus feel that there are other individuals who are homophobic. "I didn't have any problems in school," said Tara Kolarek, member of GALA (Gay and Lesbian Alliance). "But when club day came around, some people that were in my class tended to act a little different toward me."

GALA has shown a series of films each Thursday on the history of the gay community. GALA hopes this will educate people towards understanding gays and reduce homophobia.

The *Star* agrees with GALA's stance on homophobia: Yes—homophobics are insecure about their sexuality. The *Star* also believes that GALA has taken the proper steps towards reducing homophobia and hopes the educational process will continue.

Letter to the *Star*

March on MEChA

Dear Editor,

"MEChA stages 'Sixities' style sit-in and teacher protest rally," reported by Diana Moss and Jeremy L. Brewer, May 24, 1990, gave the non-witness a flavor of events.

However, this witness would like to add a few points of clarification.

Approximately three dozen individuals participated in the three-hour march. The march proved the universality of its appeal when a multi-ethnic, multicultural group joined the parade.

The itinerary of the march commenced in Monarch Hall. From there, they delivered a frontal assault to the administration building.

From the administration building, they proceeded to the cafeteria for reinforcements. Once fortified, the marching *Mechistas* turned towards the faculty lounge.

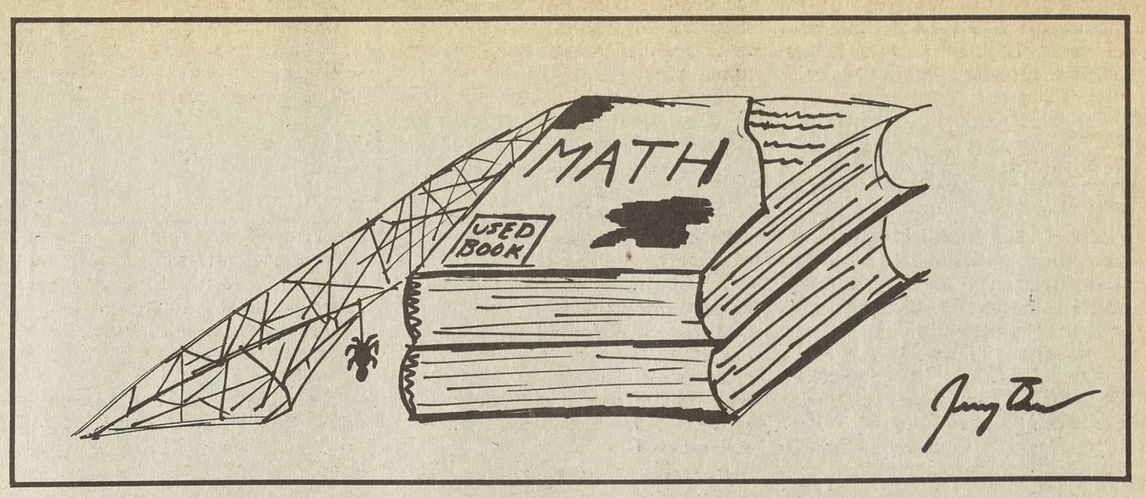
From the faculty lounge, the march proceeded to pace silently throughout the library without incident or rancor. And from the library, they marched back to the administration building, where they headed towards the pinnacle of authority, the college presidency. At the president's office, the marching *Mechistas* became the "corridor Chicanos," as they camped out for a forty minute sit-in.

One personal note: I, Enriquez Marquez, did not accept the "offer" payment for a single class assignment, nor did I seek a monetary payoff as compensation for the violation of my faculty rights.

However, the idea of monetary compensation was suggested by the American Federation of Teachers Guild Grievance Chair, Leon Marzillier.

I am extremely proud of those Chicanos and non-Chicanos who exerted their constitutional and student rights.

Martin A.C. Enriquez Marquez



Recycling the written word

By ELAINE MARTIN
Staff Writer

It's that time again. "Book buy back" at the Book Store.

I have in my posession a textbook I bought for a class last semester. I missed the last book selling time. It was only for a few days, a few crucial days, and I missed them.

The book in question cost $44.40, and I don't want it. I'd like to think there is someone out there who needs this book for a class and would be willing to pay $25-$30 for it. That would seem like a great deal for them and for me.

Having missed the time to sell back the book, I will be trying again at the end of this semester.

However, there is a good possibility that this particuliar book will no longer be used, at which time I will be out the "half price" I could get from the book store.

The book buyer in the book store checks a list to see if the book has any resale value, then checks the book to see the condition. My book has very few marks in it. Knowing it had to be clean to resell it, I kept separate book notes.

I have come across "used books" on the shelves that look well beyond "used." In any case, these books are resold because they will be used again in a certain class.

But what about the books in good condition that will not be used again? Perhaps you have saved a text, thinking you might use it at a later point, and find that it's now later than you think.

Such books could be a great resource or a gift for someone who wants to read a current text to update themselves in a specific field.

And how about, say, drafting tools. Maybe you've had a change of major and find yourself with educational aids that you no longer need or want.

If only these items could be available. Is there any way that students could sell their own books?

Set up in a specific area, you could sell any old text, or almost new text, to any student who might need, or just *want* that book.

Within this "student book recycling center," you could charge whatever price you think is fair. If you want, you could barter for a book. You could even buy a book and get a tutor to go along with it.

Think of it as an "educational swap meet"; an area on campus where students could handle their own book resales. Maybe then you could get a fair price for your education.

Valley Star

Los Angeles Valley College

Published each Thursday throughout the school year by students in the advanced writing, editing, photography and typesetting classes of the journalism department.

Editorial and Advertising Offices
5800 Fulton Ave. Van Nuys, CA 91401
Phone (818) 781-1200, Ext. 275/276
Advertising Ext. 239

DORA ROMAN
Editor In Chief

JULIE BAILEY
Advertising Director

Represented by CASS Advertising Service

ACP Pacemaker Award Winner.
S'67, S'70, S'73, S'74, S'78

CPNA Prize-Winning Newspaper.
'64, '65, '67, '69, '71, '73, '74, '75, '81, '85, '86, '87

ACP All-American Honors Achieved.
S'54, S'55, S'56, S'57, F'57, S'58, F'58, S'59, F'59, S'60, S'61, S'62, F'62, S'63, S'64, S'65, F'65, S'66, F'66, S'67, F'67, S'68, F'69, S'70, F'70, S'71, F'71, S'72, F'72, S'73, S'74, F'74, S'75, F'75, F'76, F'77, S'77, S'78, F'78, S'79, S'80, F'80, F'82, S'83, F'83, S'84, F'84, S'85, F'85, S'86, F'86, S'87, F'87, S'88, F'88, S'89

CNPA Journalism Association of Community Colleges

EDITORIAL STAFF

Opinion Editor.....Jeremy L. Brewer
Entertainment Editor.....Patricia Rubio
Sports Editor.....Shane Powers
Photo Editor.....Nathan Dean Reponte
Gallery Editor.....Luther E. Orrick
Chief Photographer.....Eric Lawson

Newspaper Adviser.....Tony Cifarelli
Technical Adviser.....Blanca L. Adajian
Editorial Adviser.....Tony Cifarelli
Photo Adviser.....Bob Crosby
Consulting Adviser.....William Payden
Department Chairman.....Roger Graham

The college newspaper is published as a learning experience, offered under the college journalism instructional program. The editorial and advertising materials published herein, including any opinions expressed, are the responsibility of the student newspaper staff. Under appropriate state and federal court decisions these materials are free from prior restraint by virtue of the First Amendment to the United States Constitution. Accordingly, materials published herein, including any opinions expressed, should not be interpreted as the position of the Los Angeles Community College District, the college, or any officer or employee thereof.

LETTERS — LETTERS — LETTERS — LETTERS — LETTERS — LETTERS

The **Valley Star** is happy to receive and, if possible, publish letters from its readers.

The **Star** reserves the right to condense all letters for space considerations. Submitted letters should be limited to 350 words. Letters are subject to editing if they are obscene, libelous, or make racial, ethnic or religious denigrations.

Letters should be signed and, if applicable, include student's major and ID number. Letters may be presented to the **Valley Star** office, Bungalow 25, by Monday for the following Thursday.

Enjoy while learning

By DORA ROMAN
Editor in Chief

Summer studying in the university city of Salamanca or Costa Rica, possibly the most biologically diversity country on Earth, is possible through Valley College's International Program.

The four-week program in Salamanca, Spain will be held from August 3 to Sept. 3 and has an optional week in Madrid. The student is not required to have any Spanish courses under his belt. At the student's arrival, he is required to take a test to see which class from Spanish 1 to 6 is appropriate.

The instructors are Spanish natives and each teaches a small group of students with no more than 10 in each class. "Students get person-to-person assistance," said Carmen Salazar, chairwoman of the foreign languages department.

"The program is offered to students of other European countries, so their only way of communicating is Spanish, which encourages them to learn more and be able to communicate," said Salazar. "The primary language is Spanish."

After the 9 a.m. to 1 p.m. classes at Colegio Miguel de Unamuno, students are given the afternoon to relax and to do their homework. Every evening they will attend different cultural events such as musicals, talent shows, arts, folkloric events and each weekend will have excursions to Segovia, La Alberca and Alba de Tormes.

"One of the favorite places students enjoy is La Alberca, which is a medieval town where students learn history by actually being there and getting a better feeling and understanding of the town," said Salazar.

Salazar has taken two groups of Valley students in the past. The students are encouraged to stay with families that live there as opposed to the school's dormitory to get a better feeling of the culture and the traditions.

"I went to Spain in a similar trip 20 years ago and stayed with a family that I still visit every two years," said Salazar. "I feel that they are like my second family."

The cost of this program is $1,995, and the optional stay in Madrid is $310. In Madrid students will visit Toledo, El Escorial and the Valley of the Fallen.

Another program, offered from August 3 to 15 by the biology department, gives students the opportunity to visit exotic forests, grasslands and mangroves. The class is Biology 12, Natural History and Field Biology. Costa Rica has innumerable species of trees, flowers, butterflies, amphibians and birds that brightly decorate the tropical rain forest.

This 13-day trip will visit the Manuel Antonio National Park, which is well known for its beaches and flora and fauna within the park. Students will also visit Monteverde Cloud Forest, Liberia and San Jose.

The cost of the trip is $1,495, with an optional four-night stay in picturesque Guatemala, famous for its mountains and exotic birds. The side-trip includes the famous Indian Market in Chichicastenango, Lake Atitlan, the colonial sights of famous churches in Antigua and a final night in Guatemala City.

For more information about Salamanca or Costa Rica contact Salazar in the foreign language department and Dr. Joe Frantz in the biology department.

The journalism department of Valley is offering a photo safari to Spain and Portugal from August 2 to 20.

Permanent jobs available

By ERIC BARAD
Staff Writer

Valley College President Mary Lee is looking for a few good men and women to fill permanent administrator positions.

Currently, there are eight administrators on staff on a temporary or acting basis. But these positions need to be filled in a permanent capacity.

According to Lee, the abundance of acting administrators can be traced back to the departure of Ed Young, previously the vice president of academic affairs, who left to become president of Los Angeles City College.

Young's position was subsequently filled, in an acting capacity, by Dean of Affairs Bob Sprague.

"Right now, we are advertising for vice president of academic affairs," said Lee.

The deadline is June 1 and a selection committee will choose from among the applicants.

Sam Mayo previously the assistant dean of admissions, assumed Sprague's position as the acting dean of academic affairs.

Dr. Phyllis Stones, on sick leave from her position as dean of academic affairs, has been replaced for the time being by John Clerx, previously the matriculation coordinator.

Doris Richardson, previously the assistant professor of counseling, took over as the acting matriculation coordinator.

Billy Reed, who was the assistant dean of admissions, is currently downtown, serving as the acting director of human resources.

Brick Durley, formerly assistant dean of admissions, is now the acting dean of administrative services.

Pauline Mary, previously dean of student affairs, is presently on leave and Dr. Gloria Miranda, who was the chair of American Culture department, is now the acting dean of student affairs.

Lee said she is undecided who will stay on permanently for the fall semester but added "the positions will be filled as neccessary."

Elections . . .

(continued from pg. 1)

Jelsvik commended Lisa Walker, the former ASU president, for her work, especially on the district level. Jelsvik said that with the nine newly appointed seats for Los Angeles Community College District ASU presidents on the PAC committee, colleges, including Valley, will have more voting powe.

"Instead of being a reactionary council, we can be proactive," Jelsvik said in relation to Walker's past efforts at the district level.

Jelsvik, however, plans to concentrate her main efforts on campus by reducing student apathy in ASU and club-supported programs by increasing social awareness on campus with events like the recently-held Health Fair Expo or Political Awareness Day.

In order to create more student concern and participation, Jelsvik is planning to hold numerous future demonstrations and debates. Jelsbvik said she is currently planning on inviting actibist Ron Kovic as a guest speaker at Valley.

"Basically I want to reach as many students as I can," Jelsvik said. "We need to start taking action."

Alleged . . .

(continued from pg. 1)

practices of the instructors," said the student.

The student felt that the administration had no ability to distinguish the student's innocence in this kind of problem .

"They put the guilt on the students, so that a problem such as this will not get anyone fired or cause too much attention," the student added.

The student's main concern, besides having a "W" on her transcript, is that students are used to keeping classes open for employees so that instructors can get paid.

"Then students get blamed for unethical issues, so that nothing changes in this tight little campus," said the student. "It seems that Valley is turning into a little business."

Davis refused to answer questions on the alleged incident and referred questions to the administration.

The administration could not reveal any other information about the incident. "I can't violate the student's legal right to privacy." said Sprague.

News Notes

HATE GROUPS

Alan Wallace from the anti-defamation league will speak on "Hate groups in America today: locally and nationally," at Hillel, 13162 Burbank Blvd., on Wed., June 13 at 12:45 p.m.

***

REALTOR SCHOLARSHIP

The California Association of Realtors Scholarship Foundation is offering $750 scholarships to student interested in a career in real estate.

Students must have completed 12 units of courses in the first year of college, have completed one 3 unit real estate course and be currently enrolled in one 3 unit real estate course plus at least 9 additional units of college level courses.

Students must also have earned no less than 9 units of real estate courses by the end of the first year of scholarship funding, have a 2.5 GPA, be a legal resident of California for at least one year, and attend a California college or university and plan on entering the field of real estate upon graduation.

Qualifying students, may obtain an application from the Financial Aid Office, CC100. The deadline for filing is July 2.

***

ITV SUMMER COURSES

Enrollment for Summer 1990 Instructional Television courses is open through June 29. The courses are offered through the Los Angeles Community College District.

Four courses are being offered: *Business of Management* (Management 11), *Contemporary Health Issues* (Health 11), *Portrait of a Family* (Family/Consumer Studies 73) and *Psychology: The Study of Human Behavior* (Psychology 1).

A *Get Acquainted Day/Open House* will be held on June 23 at 2:00 p.m. at Valley College.

For applications and information, contact ITV at (213) 666-4488 or (818) 901-8935.

ASIAN PACIFIC WOMEN

The Asian Pacific Women's Network, Los Angeles is offering four $1,000 scholarships to Asian Pacific women pursuing their education.

Immigrants, including refugees in pursuit of higher education, and women returning to school after raising children are encouraged to apply. See the financial aid office for information.

***

TRANSFERS

The Los Angeles Basin Equal Opportunity League is offering scholarships to students planning to transfer to a four-year university in Fall 1990.

The deadline for applications, which are in the Financial Aid Office, is June 1, 1990.

***

NEW SCHEDULES

Copies of the new Summer 1990 and Fall 1990 are now available in the lobby of the Administration Building.

Applications for summer and fall are now being accepted, also, in the Adm. Bldg.

Continuing students will receive their mail-in registration packets in the mail.

***

RE-ENTRY SCHOLARSHIP

The Orville Redenbacher Company is offering ten scholarships, of $1000 each, to re-entry students planning on completing their education.

Students must be 30 years old or older and enrolled in either an AA or BA degree program at an accredited college or university.

Qualifying students may obtain more information in the Financial Aid Office, CC100. The deadline for filing is Sept. 1.

IMPROVE STUDYING

A free seminar called Dynamite Study Techniques will be presented by Dr. Stephen Mark Sachs of the Valley College counseling department Thursday, May 31 from noon to 1 p.m. in Behavioral Sciences 100.

Study tips based on learning research will be presented to improve memory and performance.

***

CHICO SCHOLARSHIP

Chico State University is offering scholarships to students planning to transfer to a California State University in the Fall 1990. Students must belong to an underrepresented group at the university and have a 3.0 grade point average.

The deadline for the $1,000 scholarships is June 1. See the Financial Aid Office in Campus Center 100for information.

***

SOROPTIMIST SCHOLARSHIP

The Soroptimist International of Monterey Park is offering scholarships to students who have completed one year or more of their basic education courses necessary for completion of his/her career goal.

Scholarships are in the amount of $1000. Qualifying students must be a U.S. citizen, have 2.0 GPA and must prove financial need.

Students must not be a member of the family of, or related to, a member of the Soroptimist International of Monterey Park.

Students must also have completed a minimum of one or more years of the basic education courses necessary for completion of his/her chosen goal.

Applicants who are enrolled in classes leading to an M.A. or Ph.D. are also eligible for the scholarships.

Qualifying students may pick up an application in the Financial Aid Office CC100. Applications must be postmarked no later than June 11.

GET PROFESSIONAL TITLES FOR YOUR GRADUATION VIDEO!

SPECIAL SAVINGS!

All packages include Your Name, School Name and "Class of '90"

	Sale Price	Regularly
Two pages of text only (eight styles)	$ 40	$ 65
Two pages of text over your choice of graphic (diploma or cap)	$ 65	$ 100
Animated text (two styles)	$ 115	$ 175
Animated text over your choice of graphic (diploma or cap)	$ 140	$ 215

Before you capture this lifetime event on video, get a professional title put on the head of the tape. This kind of quality has never been available to the public before. Call now to see a sample video tape.

DON'T WAIT!
ORDER YOURS NOW!

MicroStudios
Computer Graphics
551 N. Myers Street, Burbank, CA 91506

CALL (818) 845-2242

- State-of-The-Art Computer System
- High Quality Sony & Panasonic
- VHS equipment
- Prompt, Friendly Service
- Affordable Prices
- We do titles for any event you have
- on tape including vacations,
- birthdays, vacations & weddings.
- Extra Special Pricing on Wedding
- and Baby Packages

- Portable–fits easily into your pocket, purse, or briefcase

NOW ONLY $39.95

INSTANT
COMMAND OF THE ENGLISH LANGUAGE
IMPROVED
Spelling & Word Power

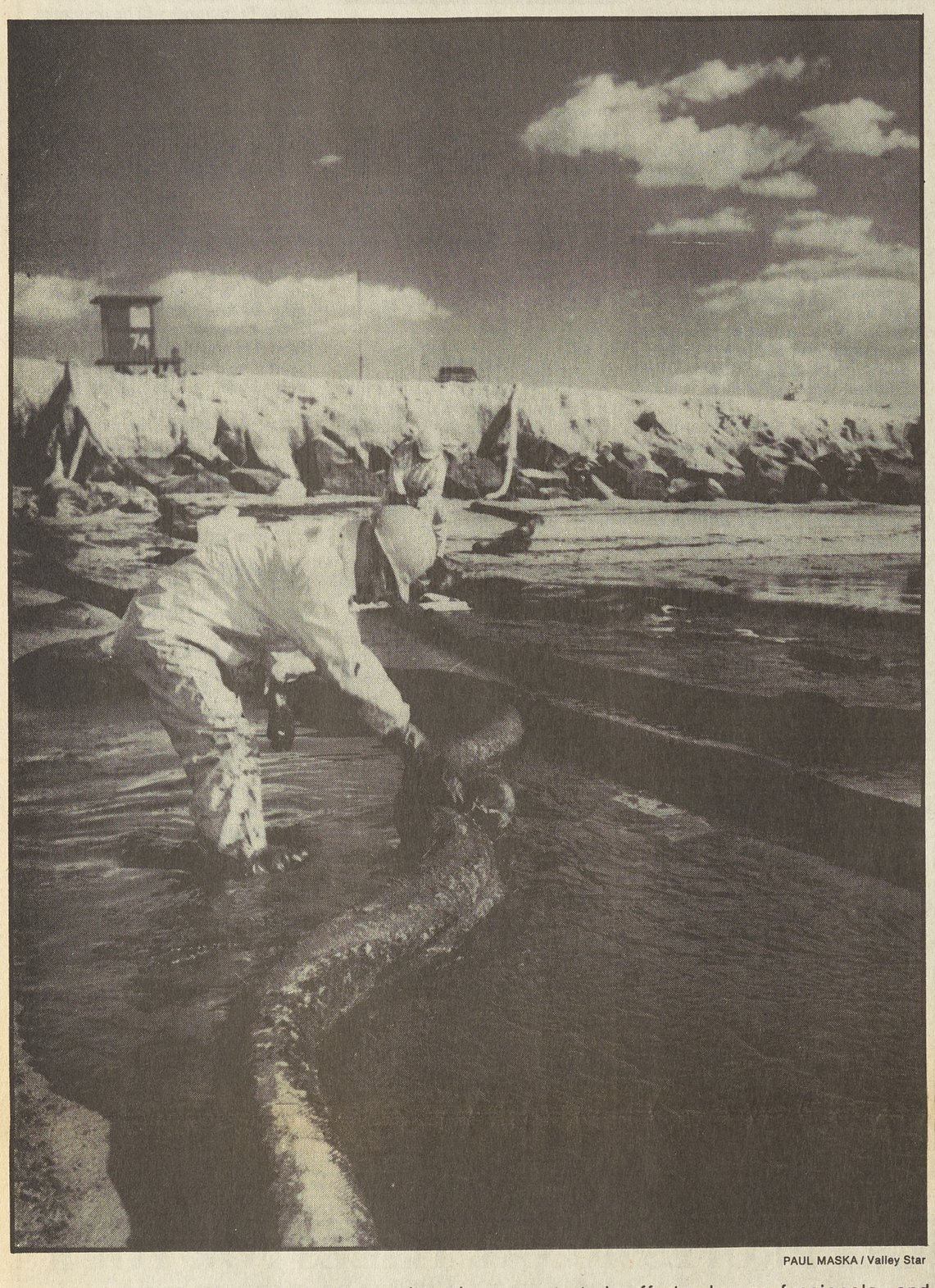
IS AT YOUR FINGERTIPS WHEN YOU OWN

WordFinder
DICTIONARY/THESAURUS

CONTACT:
[818] 766-2766

- 100,000-word spelling dictionary
- 220,000-synonym thesaurus
- Verifies the spelling of proper names
- Checks spelling of major cities, all states, and most foreign countries
- Three "Wild Card" letters help with crossword puzzles.

Environment Voices Speak Out



PAUL MASKA / Valley Star

AFTERMATH— Cleaning crews try to contain and clean up oil spill in Huntington Beach with oil absorbing materials. Clean up involved weeks and concentrated efforts by professionals and volunteers. Effects on marine life and the environment in general brought forth community rage.

Earth Day+one month: What have we learned?

By ELAINE MARTIN
Staff Writer

Earth Day, Sundy, April 22, 1990. Across the country, thousands joined together to talk about the Earth. Thousands joined together to protest the dumping of garbage throughout the land. Thousands joined together to decry the spillage of oil into the sea. Thousands joined together to call attention to the holes in the ozone layer and the Greenhouse effect.

Regular day; Monday, April 23, 1990. Across the country, thousands join to clean up the mess from the thousands who joined together on Earth Day. One of the most telling things on TV was the trash left on the beaches after Earth Day.

And what about noe, almost a month later? Where are all those thousands now? Since April 22, have there beeen any major changes in the way we dispose of that which we don't want?

Disposal seems to be the major problem. We cut down trees to build new homes, schools and businesses. We dispose of forests and neglect to replace them. To increase production in manufacturing, we allow waste to go into waterways and then into bays. We dispose of clean beaches and clean oceans. Spewing smolestacks and vehicular exhaust attest to the needs of a growing population. We dispose of clean air and unobscured horizons.

Headlines scream about what we are doing to the Earth. Nothing is protected. Not the land: the Lopez Canyon landfill, toxic waste sent to Mexico.

Not the sea: pollution in the bay, beachs closed, the Exxon Valdez spill area is still oily.

Not the air: secondhand smoke; malathion apraying, smog alerts.

if nothing else, wouldn't it be nice to know that Earth Day made people aware, some people who honestly don't know it's almost too late? Some people who knew how late it was, but knew there was always 'someone else' to do the work? some people who were doing little things here and there, but not the really big stuff, because what what difference could the little guy make?

if you may have missed Earth Day, or if you fall into the categories above or if you don't know how close all of this is to home, read on. The following articles pertain to the continuing destruction of the land, sea and air.

Become aware. Become frightened. Become angry. Become involved.

Keep the oil in-tanked

By ABRAHAM OBLIGENARZ
Staff Writer

The recent sentencing of the former captain of the Exxon Valdez and the Huntington Beach oil spill raised again one of the biggest environmental problems facing us today— more oil spills.

We live in an industrial society which sometimes causes us to forget the importance of environmental issues in our own lives.

The hole in the ozone layer increases every day. The ozone layer serves as a protective cover for man. Trees produce oxygen but we cut down the trees in order to create residential areas, farms, or for industrial uses.

The Huntington Beach and Exxon Valdez-Alaska oil spills caused major environmental damage. It will take a few years to clean up the coast lines in both California and Alaska.

Better maintenance of the oceans and beaches will improve our quality of life. The oil spills harm marine animals, humans, and rare species that live in these waters.

One thousand tankers pass through Los Angeles, New York, and San Francisco alone every year. This heavy traffic causes almost 10,000 gallons of spills every year.

In Huntington Beach alone, more than 394,000 gallons spilled, while 1.1 million gallons spilled in the Exxon-Valdez incident.

In the *Los Angeles Times* article, "Major oil spill called inevitable," environmentalists interviewed concluded that more major spills are predicted, therefore major preventative steps are necessary to prevent another accident.

Oil tankers spills do damage to beaches and the oceans. We must make drastic changes in order to save our lives and the lives of the many animals that live in and near the oceans.

New federal laws can ban offshore oil and gas drilling— especially in California. Reducing oil tanker traffic as well as reducing the amount these tankers will carry can help to prevent future accidents. Each tanker now carries more than 11 million gallons, which equals to the same amount spilled in the Exxon-Valdez incident. Environmental groups claim that having double hulls on tankers can prevent spills.

Using offshore terminals and bottom topography monitoring can reduce spills and prevent needless mishaps. Monitoring water, flow and wind conditions will help head off disasters.

Adding traffic lanes will reduce the percentage of collisions that can occur between ships and tankers.

In order to enjoy the different activities and entertainment that the ocean can offer humans, we need to keep the oceans clean. Oil companies should take full responsibility for any environmental damages caused by their oil tankers.

Whales' hopes wane under man's abuse

By ETHEL A. PEMBERTON
Staff Writer

The blue whale is the largest creature to have lived on the Earth. They have been on this planet 30 times longer than humans have existed.

Whales have become the symbol of the environmental movement, yet we are doing nothing to save the lives of these special creatures. They and other marine animals are being strangled by waste products and sickened by toxins that are recklessly dumped into the oceans by human hands. If we cannot save the whale, what hope is there for any of our sea life?

Environmentalists are extremely concerned about the holes in the ozone layer of our atmosphere and the effect it will have on the ecosystem of land inhabitants. But what of the ecosystem of our sea dwellers?

All of the gases found in the atmosphere are also present in sea water, and the major ones—nitrogen, oxygen, argon and carbon dioxide—are also the most abundant gases in the oceans.

Changes in the ozone layer directly affect the temperature of the oceans which in turn affect marine life. Temperature is a major environmental factor controlling mammal movement.

The temperature of the oceans varies enormously according to season, latitude and depth. We can only guess how changes in the ozone layer will ultimately impact on oceans and their inhabitants.

"Changes are occuring in our atmosphere due to CO{, methane and CFCs (chlorofluorocarbons), but no huge negative effects are reflected right now," said Richard Raskoff, instructor of physical geography at LAVC.

"All scientists agree that it will take a considerable amount of time for any negative effects to take place," Raskoff said. "What scientists do not agree on is what will happen to our land environment and our ocean environment when the changes do occur."

Mammal movement is also affected by food supply. Contamination of it can be as disastrous to sea dwellers as land dwellers.

State officials have stopped stocking several popular Los Angeles County fishing lakes because a level of malathion fatal to fish was found in a lake where 50 to 100 trout recently died. Many fish cannot survive in polluted waters.

In addition to polluting waters, humans are crowding sea life out of existence by their explorations of oil and minerals, overfishing and conducting numerous underwater weapons tests which destroy millions of sea mammals annually. The devastation that oil spills wreak upon the lives of these unsuspecting mariners is unforgivable.

We must take a dedicated stand to save the whale, the dolphins, the sea otters, urchins and, yes, even the shark, whose greatest threat comes from humans. If we don't, our ecological system will get so out of balance that it will eventually destroy humankind.

Elephant blood runs red for ivory whites

By PAUL MASKA
Staff Writer

The distinct sound of an AK-47 assault rifle crackles through the silence of the African Serengeti. In the twilight of a late August day, the deep red and orange horizon sky silhouettes the target that some ex-Somalian soldiers have been tracking.

Their prize, an African elephant bull, kneels to the ground, still not sure of what has happened. The bullets from the AK-47 have passed through his abdomen and ripped holes in his lungs and aorta. His heart continues to pump, gushing gallons of blood internally through his severed organs.

The elephant blinks and vainly attempts to flap away the Geti flies that buzz around his eyes. With labored breathing the giant five-ton beast, once agile and free, loses consciousness and slams to the ground to become another victim of man's avaricious desires.

With a long trek ahead, the poachers waste no time as they proceed to relieve the elephant of his prized tusks. A pull of a cord, and the powerful two-stroke Still chain saw comes to life.

After a couple of high-pitched revs, one of the poachers places the screaming saw right in front of the elephant's glazed eyes and pushes it through the top of the elephant's trunk.

The acrid smell of burning skin assaults the nostrils as the chain saw labors to cut through the upper mandible and the mouth to the roots of the ivory tusks. The cacophony stops, replaced by the soothing silence of the Serengeti, as the poachers slip away into the dusk, carrying only the elephant's tusks.

The elephant and his ivory tusks are the very thing that nurture the environment around him. The elephant is an indispensible keystone to countless other animals which depend of him for their survival.

He is a cultivator and an excavator, clearing land for the animals of the open plains. He is a water finder, using his keen sense of smell to detect hidden water holes that may lie just below the surface.

Unless the African elephant can bear the brunt of an exploding human population, man's quest for economic development and, most of all, the relentless slaughter by poachers who do not understnd the consequences of their actions, it will join the ranks of the "remebered species."

In the last 10 years, the elephant population has been cut in half. There are a little more than 600,000 elephants left in Africa. Most of the old bulls have been killed off, leaving younger bulls with tusks half their size: poachers have to kill twice as many elephants to obtain the same amount of ivory that they did a decade ago.

During the last few years, the horrid realities of the ivory trade are finally being thrust into public awareness.

Thanks to the persistence of such organizaitions as the World Wildlife Fund and its international network, The Wildlife Conservation International (a division of the New York Zoological Society) and other conservation groups, the public has been made to think before it buys ivory, and major ivory importers have put a ban on all illegal ivory trading.

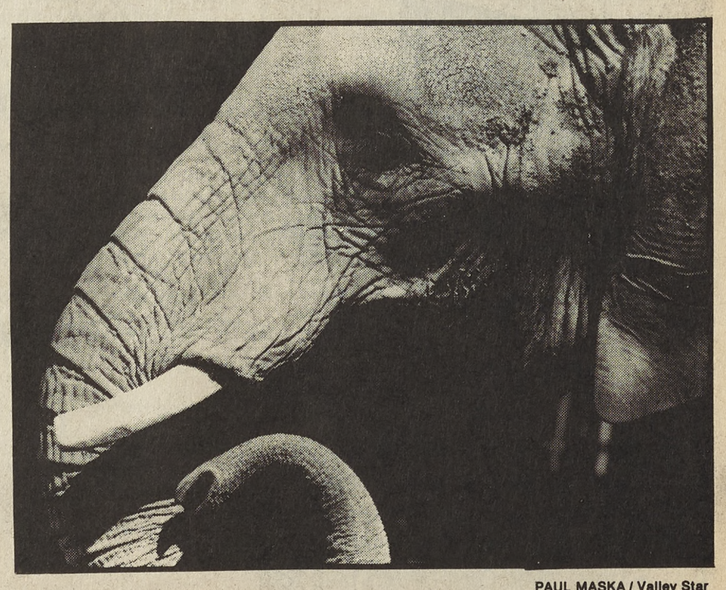
A victory was won last October when the Convention on International Endangered Species (CITES), an ongoing treaty that regulates trade in ivory and products from other endangered species, declared the elephant an endangered species. This will instill special protection on them and other animals that depend on them to survive, thus igniting a global ban on ivory.

Every major ivory importing nation participated in the ban except China, Hong Kong and Great Britain.

South Africa, Zimbabwe and Botswana, where elephant poaching is not widespread, have been opposed to the ban because they sell ivory legally to help support their parks. But conservationists insist that any sale of ivory also produces a path for illicit sales.

The process will take time. When the market for ivory dries up, the elephant will have one less thing to worry about, and the rest of his life to ponder.

A pull of a cord and the powerful two-stroke Still chain saw comes to life



PAUL MASKA / Valley Star

Stories for this page contributed by Tony Cifarelli's Journalism 2 students.

Dancers promise variety

By ERIC BARAD
Staff Writer

From the tip-toeing of ballet to the fast pace of modern dance, the annual Spring Dance Concert will have it all.

Tomorrow and Saturday Professor Kay Mahoney and her choreography class will host the concert that's sure to please even the most casual dancer.

The concert, to be held in the Little Theater, is in its 15th year and is a collection of choreographed numbers from the seven-member class.

LAVC dancers and special guests will perform the numbers. The guest dancers are former LAVC students who have returned to continue their favorite hobby.

The choreographers are Pedro Montanez, Tammy Caudill, Betty Shannon, Shana Varni, Kelly Manahan, Aaron Bowers and Jennifer Store.

"The concert has gotten stronger over the years," said Mahoney, the artistic director of the show.

"The dancers have extensive background and training," added Mahoney. "This enhances the quality of the dances."

Montanez, the most experienced of the male dancers, has choreographed three numbers for the show.

"I'd like to teach dancing at the college level," said Montanez.

Among the different genres of dance that will be seen are ballet, modern dance, jazz, tap dance and musical theater.

"There's something for everybody," said Mahoney. Mahoney encourages her former students to return and dance in her class.

Ticket prices are $4 for the general public and $3 for LAVC students and senior citzens.

A WORD FROM THE DEAN

This is the last 'Word' column ever. Really. It's by Dean Hotta.

Au revoir, adios, auf wiedershen, aloha. Sa—yo—na—ra.

Those of you who've followed this column from the beginning (and those of you who probably had better things to do) have had, I hope, as much fun reading this as I've had writing it. But all things must come to an end, eventually.

I hate long goodbyes.

I've decided to wrap things up by covering as much ground as I can; this column is devoted to all the stuff I wish I could've devoted more time to over the semester's course.

Here are my picks for:

Best pop band destined to be underappreciated, unless things change real quick, since Squeeze: The Beautiful South.

Cloaking their wit in a melodious coat like a shoplifter and his stolen goods, The Beautiful South are subversive in the true sense of the word.

In "Song for Whoever," caustic lyrics like *Oh Shirley, oh Annabel, oh Deborah, oh Sue/You made me so much money I wrote this song for you* penetrate the subconscious on a piano line that could make Bruce Hornsby weep.

Similarly, "The Woman in the Wall" bops along on a hummable riff so catchy you don't realize the lyrics are about a murderous husband who walls his wife up alive.

Best book to read that will make you feel dumber than you are and point out all the shortcomings in your thought processes but will end up appreciating anyway: *Infinite in All Directions* by Freeman Dyson.

Not readily available, finding this book is worth the effort expended. Dyson is a renowned physicist and an erudite speaker who compiled a series of college lectures on the state of the world at large.

Even if you disagree with his views on subjects such as the Star Wars program or European consolidation, Dyson's thoughts are compelling. A scientist with a genuine concern for the future of humanity, Dyson is an eye of reason in the socio-political world hurricane.

Magazine most likely to become its era's symbolic representative: *Smart*.

Taking its cue from humorist H.L. Mencken's line, "One smart reader is worth a thousand boneheads," *Smart* is a whirlwind potpourri of popular American culture. Mixing interviews with artistic icons like Hunter S. Thompson and David Bowie with in-depth analyses of current trends and fascinations, *Smart* is the magazine of the '90s.

Directors to watch for movies from: Spike Lee, David Lynch and Pedro Almodovar.

Of the three, only Almodovar has a new feature currently out, *Tie Me Up! Tie Me Down!* Lee and Lynch have *Mo' Better Blues* and *Wild at Heart*, respectively, coming out later this year.

All three share a common trait: their world views are decidedly off-center centered, and they have the gift of merging their viewpoints into unique stylistic visions.

They also share a propensity to fail, like most great artists, in a most spectacular way: Lee with *School Daze* and Lynch with *Dune*. But they are also responsible for movies like *Women on the Verge of a Nervous Breakdown*, *Do the Right Thing* and *Blue Velvet*, making them the most challenging artists working in their medium.

Worst trend to rear its ugly head since those Baby On Board signs: censorship.

With voluntary record labeling a reality, the Motion Picture Association of America becoming increasingly conservative with their rating scale and gallery exhibits being scrutinized by city councils for 'unacceptable content,' the specter of an Orwellian future materializes more distinct.

It's time to speak now or forever hold your peace. Eradication, not education, is the name of the game here, and there are those (the PMRC, Donald Wildmon and Jesse Helms, to name three) who would gladly deprive you of your right to see, hear, read or write anything they consider an endangerment of the status quo.

Bart Simpson, Robert Mapplethorpe, Andres Serrano, Salman Rushdie, 2 Live Crew and others have been the most recent targets of these hounds of oppression. And there will be others unless *you* do something about it. Not tomorrow, not in 10 minutes, *now*.

Write your legislators. Spread the word (no pun intended). Talk to your kids. Speak out. Be brave. Do something.

Thanks for listening. It was fun.

Movie review

3rd time's the charm for *Future*

By DEAN HOTTA
Staff Writer

GREAT SCOTT!! — Christopher Lloyd and Michael J. Fox may be surprised by *Back to the Future Part III*'s opening take of $27 million.

Clint Eastwood isn't the only person who should receive thanks in the end credits of *Back to the Future Part III*.

If anything, the late Sergio Leone should get at least a nod of acknowledgement for inspiring the latest installment of the popular Michael J. Fox/Christopher Lloyd vehicle.

Future Part III and director Robert Zemeckis owe much to Leone movies such as *Once Upon a Time in the West* and *The Good, the Bad and the Ugly*. Heck, it isn't even a science fiction film—it's a good ol' fashioned western, and one that Eastwood and Leone might be proud of.

Parodying the conventions of the typical Western movie, *Future Part III* takes up the story where the previous sequel leaves off: Marty McFly (Fox) is left stranded in the year 1955, Doc Brown (Lloyd) having been transported back to 1885 by an electrical storm that blows out the Delorean time machine's circuits.

Marty enlists the help of the befuddled 1955 Doc, who repairs the machine mothballed by the 1885 Doc. Instead of going back to 1985 as Doc requests in the letter delivered at the end of *Future Part II*, Marty goes back to save Brown from "Mad Dog" Tannen (Thomas F. Wilson), the precursor of McFly's eternal foe.

Decked out it what appears to be a Melrose Avenue fashioner's idea of a cowboy, Marty adopts Eastwood's name, much as he did in the first film, where he used the name of Calvin Klein, in his search for Doc.

The storyline of *Future Part III* is essentially the same as its predecessor, but that doesn't prevent it from being the sort of light entertainment that causes repeat business.

Giving Doc a love interest doesn't stimulate the story as much as it should. As Clara, Mary Steenburgen radiates the fresh-faced innocence of the old-time schoolteacher she portrays, but there isn't enough screen time devoted to her and Doc.

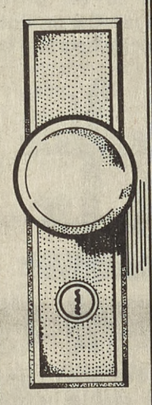
Despite tying up the loose ends left by the previous movies, there is still a sense of incompleteness to *Future Part III*.

Perhaps this is because the movie attempts to weave so many elements together and incorporate so many in-jokes (the repeated Eastwood references, the anachronistic jargon, the token appearence of Lea Thompson as Marty's great-grandmother, the inevitable dunking of a Tannen into some kind of manure) that it loses a little focus.

Or, maybe it's just a matter of stretching an already thin plotline to the breaking point. At any rate, *Future Part III* is more enjoyable than its immediate forerunner and provides a nice closing to the whole saga.

That is, of course, unless Fox and/or Universal Studios decide to make another sequel. Just say no, Michael.

18,000 Students ON CAMPUS
ADVERTISE
In The Valley Star
75% Of Students Are Employed Full Time
Approx. 35% Are Married
& 80% Have Their Own Car
CONTACT:
J. Bailey
[818] 781-1200
Ext. 239 [OR] 275
Bungalow 24


We can open doors for you.
Working as a Manpower Temporary means lots of new job opportunities. You'll go on a variety of interesting & challenging assignments. You'll make good money at it, plus build your resume.
We have immediate clerical & industrial assignments available at top businesses in the San Fernando Valley.
Plus, Manpower provides competitive pay, great fringe benefits & flexible work hours. Don't pass up an opportunity like this. Call today.
MANPOWER® TEMPORARY SERVICES
VAN NUYS 376-0379
15400 Sherman Way #150
WOODLAND HILLS 702-8870
20750 Ventura Blvd. #120
EOE M/F/H

HEMA CARE
HemaCare Corporation is one of the largest and most experienced providers of blood-related services
EARN UP TO $150 PER MONTH
By donating Blood Platelets . . . . .
Benefits to you include:
• Free annual physical exam
• Cholesterol testing
• Satisfaction in knowing you are helping others
Earn Extra $$$$$
Anna Stock [818] 986-3883
HemaCare Corporation
4954 Van Nuys Blvd.
Sherman Oaks, CA 91403

KNOW BODIES EXERCISE AND DANCEWEAR
is PRESENTLY SEEKING PART TIME EMPLOYEES WHO ARE MOTIVATED AND WILLING TO WORK.
Experience Preferred But Not Required
Flexible hours and great working conditions
Northridge
[818] 349-9104
Sherman Oaks
[818] 784-0374
Canoga Park
[818] 704-5454
ASK FOR MANAGER
West L.A.
[818]704-5454
Ask For Mike or Jeff after 1pm

$500 Scholarships
Enhance your Resume
Experience a Variety of Professions
THOR offers fun, $, a great business reference for your resume, a learning opportunity for your special reqs., flexible hrs, easy frwy access and parking.
Available opportunities:
ACCOUNTING
Staff Accountants
Bookkeepers/Clerks
COMPUTER
PC/CRT Entry
Operations/Programming
Trainers/Analysts
WORD PROCESSING
PC Entry
WP Operators/Sec'ys
GENERAL OFFICE
Receptionist
Office Clerks
Secretaries/Typists
MARKETING
Telemarketers
Sales Reps (internal positions)
Ask about $500 Scholarship Eligibility For convenience and confidentiality, make a positive call today.
4055 Wilshire Los Angeles, 90010 (213) 487 0130
2080 N. Tustin Santa Ana, 92701 (714) 973 1783
7334 Topanga Cnyn B., 113 Canoga Park, 91303 (818) 710 1800
23430 Hawthorne Bl., #250 Torrance, 90505 (213) 373 0922
2500 E. Colorado Bl., #350 Pasadena, 91107 (818) 795 2202
3600 Lime St., #128 Riverside, 92501 (714) 824 2070
100% employer retained

PART TIME
TELEPHONE SALES
$5/HR. MINIMUM
Opportunity For Big Commissions
CALL:
RICK/Van Nuys
[818] 988-0467
LOUISE/Woodland Hills
[818] 713-3113

LOOKING FOR THE PERFECT SUMMER JOB?
Chuck's Parking Service Is Now Hiring Parking Attendants
M/F for Private Parties
Evenings & Weekends
$5.50 PER HOUR
Plus Tips To Start
CALL:
[818] 788-4300

STUDENTS! SUMMER JOBS
Work When You Want To Work!
We have interesting assignments for a variety of office and clerical skills-typists, clerks, receptionists and word processers
CALL: ANGI OR DEBORA
[818] 990-1200
Uniforce ♥ Students!
uniforce temporary services

HELP WANTED
PART-TIME
TELEMARKETING
TRAINEES
7am - Noon
$10 PER HOUR
Plus Commission
CALL: STAN at:
[818] 781-3917

TELEMARKETERS
Salary $5 per hour
Plus Commissions
FLEXIBLE HOURS
WEEKDAYS
SAT. 10am - 2pm
Setting Up Appointments
FUN ATMOSPHERE
IMMEDIATE OPENINGS
[818] 704-0204
Ask for SHARI

PART TIME SALES
You Can Start Earning Immediately
As A Newspaper Promotion Representative
WITH THE FAST-GROWING
DAILY NEWS
CALL:
LORI/Van Nuys
[818] 787-0182

Student's Guide for Summer Survival

Photos by Aaron Cohen

Proper nutrition is taught in Health classes on every college campus, but with term papers, quizes and final exams to think about, eating right is usually the farthest thing from a college student's mind.

Let's face it, most students get through the day on overcooked cafeteria food or greasy, fast-food. While this diet is hard on the taste buds, not to mention the digestive system, it is quick and easy, requiring little thought or money, which are both precious commodities near the end of the school-year.

Then summer finally arrives and we find ourselves with time on our hands, and everything changes.

We become weight-lifting, bikini-wearing health fanatics, eating light and working out every day.

Some of us even get summer jobs or spend the afternoons watching soaps and game-shows.

In the evenings we relax, contemplating the meaning of life and other important things like...what we'll have for dinner.

While this section may not provide the answers to life's mysteries, it does offer some practical suggestions for making healthy, educated food choices. And who knows what philosophical insight might present itself as you reach for the fruit bowl this summer. Afterall, they say it all started with an apple.

Fast food restaurants speed toward healthier alternatives

By KATHI JOHNSON
Staff Writer

Remember the old Burger King slogan "Have it your way?" Well, if your request was to "hold the pickles" and "the lettuce" there was no problem. However, if you wanted to "hold the calories and cholesterol," you got, "hold on a minute, buster!"

At the time, fast food restaurants simply didn't offer healthful alternatives. Then in the early 80's as more Americans jumped on the beansprout bandwagon, so did many restaurants.

Now you can have everything from chicken sandwiches to salads "your way" at most fast-food places.

The new low-fat, low-calorie items are listed under a "lite" menu at Carl's Jr. The "lite" menu was introduced in April and reflects a nationwide trend toward chicken products and salads in the fast-food industry, said Patty Parks, spokeswoman for Carl Karcher Enterprises.

Parks attributes this trend to society's increased awareness of cholesterol and its effects on our health.

"There's a climate of people now, particularly in California, who are more health-conscious. We're providing an alternative in our restaurant for those people who don't want a burger and fries," she said.

If you're one of those people, please see the list below for more healthful information on some traditional sandwiches and their new "lite" counterparts.

RATING *FAST FOODS*

	Weight	Protein	Fat	Carbohydrate	kcal
Arby's Roast Beef Sandwich	147	22	15	32	353
Hot Ham 'n Cheese	161	26	13	33	353
Burger King's Whopper	281	27	38	56	670
B. K. Broiler	—	—	18	—	397
Carl's Jr.'s Famous Star	—	—	36	—	590
BBQ Chicken Sandwich	—	—	—	—	320
Dairy Queen's Big Brazier Deluxe	213	28	24	36	470
Fish Sandwich	170	20	17	41	400
Jack In The Box's Jumbo Jack	—	32	26	45	485
Chicken Filet	—	—	17	—	408
McDonald's Big Mac	200	25	35	39	570
McChicken Sandwich	—	—	28	—	490
Wendy's Hamburger (wheat bun)	119	25	17	20	340
Chicken Breast Filet	—	—	10	—	200

Victorious veggies

Scoring big with produce

By KATHI JOHNSON
Staff Writer

In an era of microwave cooking, pre-packaged foods and Teenage Mutant Ninja Turtle Cereal, it's not surprising something as good and nutritious as broccoli was recently banned from The White House, never to return...at least not in this administration.

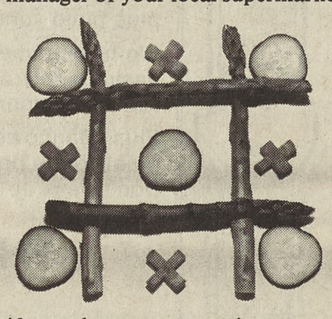
This is primarily because we are a generation dependent on disposable goods and quickie cuisine. If it can't go from the freezer to the microwave to the table all in 10 minutes, and all in one dish, we don't want it.

So what's become of real food like fresh vegetables? Not those freeze-dried, powdered kind, invented by scientists in the event of nuclear war, but real, live vegetables.

Well, most likely you'll find them still in your refrigerator. Only by now they've been transformed into those squishy, brown things that have been laying in the bottom of the crisper since last summer.

Many people feel they just don't have the time for cooking vegetables, but it only takes 5-8 minutes to steam almost any vegetable and it's even quicker in the microwave.

It's important though to take time in choosing fruits and vegetables. You should avoid those that are too soft or off color. Don't be afraid to ask the produce manager of your local supermarket



if you have any questions regarding selection. He should be able to help you find the highest quality produce at the best prices.

And if you're unsure about the common use of any vegetable, just look up at the signs on the wall. In addition to the name and price of an item, many supermarkets also list suggestions for preparation as well as vitamin content and number of calories per ounce.

Some markets like Follow Your Heart in Canoga Park and Mrs. Gooch's in North Hollywood carry organic produce; grown without pesticides and certified by the Department of Agriculture.

Other types of produce available include unsprayed, which is grown by independent farmers who are not certified; commercial, which allows the spraying of pesticides; and transitional, which is grown by farmers making the transition from commercial to organic farming.

Between 80 and 90 percent of all the commercial produce you'll buy in local supermarkets this summer will be grown in California, said Curtis Monji, produce manager of Hughes on Laurel Canyon in North Hollywood.

During the winter months that figure will drop to around 40 percent with the majority of the produce being imported from Arizona and Mexico, he said.

Consequently summer is the time to shop for the best quality and value.

So ditch that composte in the crisper and go buy some fresh vegetables. Experiment a little and have fun with new recipes like the ones listed below under Soups, Salads & Such. Bon Appetit.

SOUPS, SALADS & SUCH

GAZPACHO
(chilled soup)

- Green pepper (blanched and peeled)
- Med. cucumber (peeled)
- 1 small onion (optional)
- 2 cloves garlic
- 1 tbs. olive oil
- 2 tsp. vinegar
- 4 cups tomato juice
- Tobasco (to taste)
- Salt & pepper (to taste)

Combine first six ingredients in blender on high speed until smooth. Add tomato juice (2 cups) and blend for one minute. Pour into large container, add the rest of the juice and stir. Add remaining ingredients. Cover and chill several hours before serving. Top with lemon slice and sprig of parsley. Serves 4-6.

RED POTATO SALAD

- 4-6 med. red potatos
- 1 can chopped black olives
- 2 cups lean cooked turkey (into squares)
- 1 lrg. yellow bell pepper (into strips)
- 1 med. onion chopped
- 1/2 tsp. dill
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. dijion mustard
- pinch of sugar

Combine last seven ingredients (makes dressing). Shake and let sit. Combine remaining ingredients in large bowl. Toss with dressing. Chill well before serving.

CAPELINNI & VEG.
(pasta)

- 14 oz. Capelinni Pasta
- 1 zuchunni squash
- 1 crookneck squash
- 1 fresh tomato
- 1 bunch basil
- 3 tbsp. garlic puree
- 1/4 cup olive oil
- 1/8 cup salt
- 10 cups water

Boil 10 cups water. Add 1/8 salt if desired. Saute garlic in oil until light brown. Add diced basil and the julienne of vegetables, except tomato (this goes on top fresh). Add pasta. Cook 4 to 5 minutes. Check frequently to avoid overcooking. Drain pasta. Toss with vegetables. Top with cube cut tomatoes and parmesian cheese. Shake and let sit.

Valley signs off

By SHANE POWERS
Sports Editor

Valley College had some dissapointing moments for their teams this spring, but their overall effort, combined with some shining individuals,made spring sports at Valley a sucsess.

Valley's basketball teams had a great year with the men winning the WSC championship and making it to the regional tournament where they were upset by Golden Coast College 87-82 at the Valley fieldhouse.

The Valley men's team had a crushing 13-2 conference record, and had captured the WSC crown two weeks before the season was over.

Andre Harrell was named the WSC player of the year, and Shelton Boykin, a transfer from troubled Texas A/M, also stood out for the Monarchs.

The Lady Monarch basketball team also played extremely well getting all the way to the semi-finals of the State tournament, but lost a two-point heartbreaker on a last second buzzer beater, 86-84.

The Lady Monarchs, however, annihilated their conference opponents and also had the WSC crown locked before February.

The Valley baseball team had a very dissapointing season as they came in sixth place in the conference, and had to stay home for the WSC tournament.

The baseball team had a 10-10 record overall, and was in a position to steal the last playoff berth in their final regular season game of the year, and almost won.

The game against College of the Canyons started off in great way for Valley as they took an early 4-0 lead. But a touch of bad luck and poor playing left the Monarchs at home as COC buried relief ace Steve Trainor for nine runs in the seventh and went on to win 23-14, ending Valley's hpes for a title.

Both the mens and womens swimming teams did great things for Valley as they both took third in the WSC championships, and the women doing extremely well, taking a fifith at the state meet.

Valley's Ashlee Watier came within 1/1000 of a second of beating Aimee Vosti in the state final for the 100-yard backstroke.

She did, however clean up all the backstroke events at the WSC tournament, held here at Valley, and broke a record in the 100-yard I.M. with a time of 102:13.

The Valley Track team had some phenomonal individual performances, as Melanie Clarke took the state championship in the heptathlon, beating her nearest opponent by 450 points.

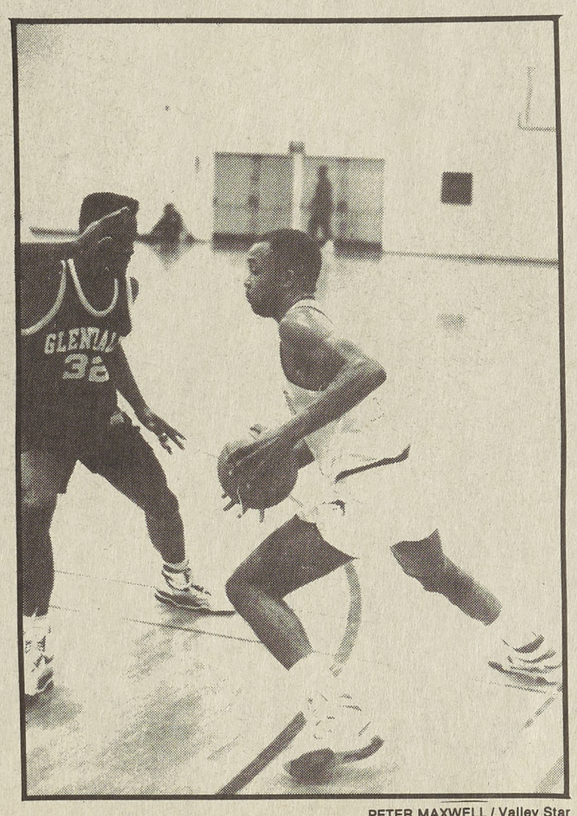
Nikywa Prevost also ran well for the Monarchs in her specialty, the 200m, but faded near the end of the seson to take fifth place at the state meet.

Valley's Robert Scott also had a fine year leaping in his event, the long jump, but fell upon bad luck as he scratched on his first three attempts at the state meet to eliminate him.

And last, but certainly not least is Valley's softball team which probavly was fighting the greatest odds.

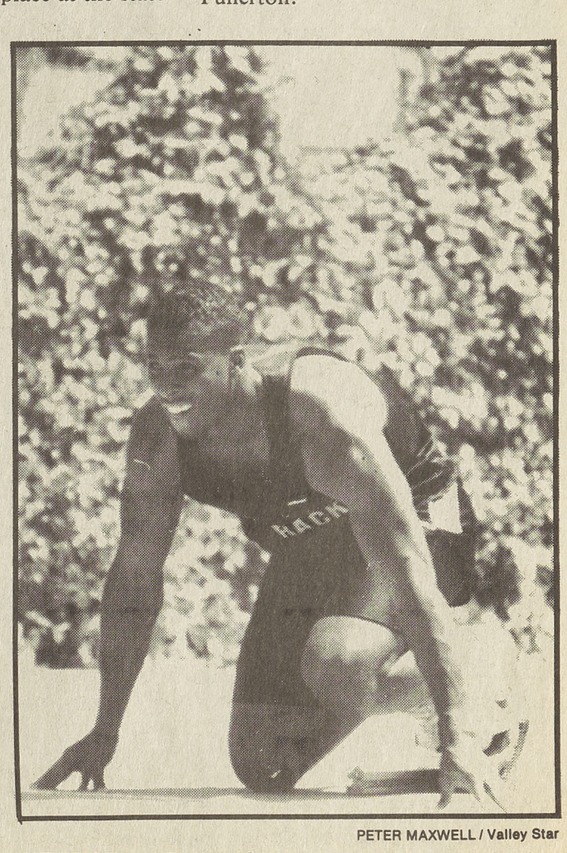
Their starting pitcher Rosemarie Gallegos literally dissapeared from the planet midway through the season to throw the whole team out of whack and they never recovered.

A bright spot on the Lady Monarch softball team was Karen Knoop who received a scholarship to play softball next season at Fullerton.



PETER MAXWELL / Valley Star

JUKE— Harrell was named mvp of WSC.

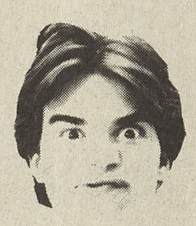


PETER MAXWELL / Valley Star

INTENSE— Robert Scott eyes the long jump pit.

Smile: it's free

PRESS POWERS



By SHANE POWERS
Sports Editor

It couldn't have been a better day for a sixth-grade track meet. Breezy winds, cool temperatures, and my three-year-crown was going to be put on the line in the last and most exciting event of the day: the brutal cross country run.

I was a shoo-in. Everybody had been talking about it in the cafeteria. Even the first-graders; if their teachers were nice enough to bring them out to watch the last half-hour of the meet, they would witness true grace in flight.

Shane can't lose; He's won the cross country event at his third, fourth and fifth-grade track meets; He can't be beaten. Those were just a few of the things being tossed around for gab at the ever popular cafeteria.

The cafeteria was the place that we sixth-graders died for because we ruled the school and controlled the rumor-filled adolescent chatterbox in fine fashion.

The greatest thing of all was my expected rise from the sixth-grade masses by winning the cross country and then taking my throne as "Student King" of Masters Elementary School.

Everything was going exactly as planned. School was fine, my friends and I were getting along, and I had gotten back together with my sixth-grade sweeheart, that goddess that stood before me, worshiped me and did exactly what I wished; I still remember Wendy Larsen.

I had remembered the first time we met. She transfered in from Sunny Slope Elementary, a.k.a. Sunny Slop Elementary, and I accidentally kicked her in the mouth when we were playing soccer.

Actually it wasn't soccer; a better title would have been Watch 40 Sixth-Graders Run to a Ball, Kick It and Then Run After It. But anyway, that's where I met her, and I'll never forget that bawling and those sobbing eyes as I carried her to the nurse's office.

OK, I didn't carry her; I dragged her across the campus, but it was the thought that counted.

Anyway, we were in love and nothing else mattered in the world. Except winning the cross country and becoming King.

I was destined to win it. My mother took me to the Foot Locker and we picked the necessary items for a cross country winner and future king.

We picked up the jogging shorts, Bill Rodgers for Men, of course, and the matching full nylon warm-up jacket and pants. And let's not forget the wrist and headband accesories for the serious runner.

And believe me, I was serious. Too serious, in fact, for a twelve-year-old kid. Instead of spending all that money on this purely ridiculous event, my mom should have been plunking a down payment to the nearest adolescent funny farm. I was way off the deep end and no one could stop me.

The day was finally upon me. It was Friday. It was a beautiful Friday; in fact, too beautiful.

I pranced around in my nylon warm-up trying to stay warm and trying to keep my muscles from tightening up. My class was doing fine, as we had racked up enough points to stay tied with Mr. Sanfillipo's class, switching events until it came down to the last event of the day.

The score read Mrs. Faulkner's class 61, Mr. Sanfillipo's class 59.

All I needed to do was win my event and we would be class champions. I would be king, Wendy would be queen and together we would ride off into the sunset and live happily ever after.

We all lined up at the starting line and I looked over my competitors. It was a breeze. I was going to win this thing hands down and coast into my life of luxury.

The gun sounded. I immediately pushed and shoved my way to the front of the pack. I loved the lead because the wind on your face is an incredible feeling, plus I hated looking at the back of anybody's head for too long; it made me dizzy.

So I took the lead at about 60 yards out and kept going. I turned up the pace on all of the other runners and none of them stayed with me except for Bryan Rademacher.

Rademacher was the geek of the clan of friends I hung out with, and I knew he didn't have the stamina to stay with the ferocious sixth-grade machine that I was. How dare he try and stay with this elementary legend that I had become.

I said to Bryan, "Get back, fool," and started to sprint. He couldn't keep up and I knew I had won. I just had to concentrate for another 100 yards and the pie would be mine.

I was now King. The prodigy had been fulfilled and I was on top.

With 50 yards to go, I started to prance toward the finish line in a beautiful "runner's strut" that would have made Bill Rodgers proud.

Throwing my hands into the air, I could feel the energy from the stands. They were all cheering for me. Their King had come for them. I raised my hands to quiet my children and to show my deep admiration.

Entirely too proud of myself, with 15 yards to go I slowed to a pace that a snail could have beaten.

There was only one person who had not acknowleged me as their new King. That person was Marc Kellogg, and he conveniently raced up behind me and passed me to win the cross country.

You're probably asking yourself why I just told you all of this. Well, this is my last issue as the sports editor of the *Star* and I want to show the world no matter how important anybody is or how important anybody *thinks* they are, there is always something to make you laugh about yourself. Always.

The people in the world today take themselves way too seriously.

Learn to laugh and remember to smile.

Why not—they're both free.

Valley Star Advertising Expresses THANKS To All The Businesses & People Who Have Supported The Star By Advertising In The Paper During The Spring 1990 Semester

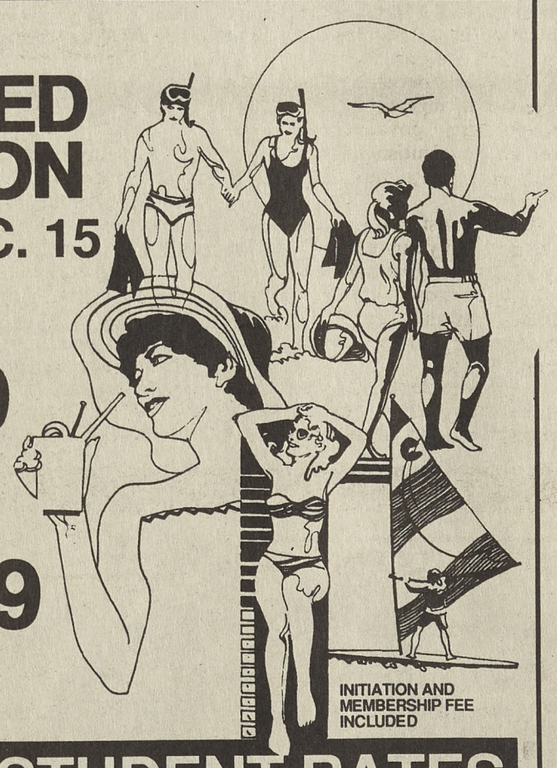
The FIRST ISSUE of FALL SEMESTER '90 will be published SEPT. 20th

Advertising Deadline for this issue: SEPT. 14th

CLUB MED VACATION
MAY 5 - DEC. 15

MEXICO
Playa Blanca
$949
per 7 days
Air Included

CARIBBEAN
Buccaneer's Creek
$1369
per 7 days
Air Included



INITIATION AND MEMBERSHIP FEE INCLUDED

SPECIAL STUDENT RATES
AGES 18 to 25 WITH A VALID STUDENT I.D.

INCLUDES
• Airfare
• Accommodations
• Transfers
• Nightly entertainment
• Departure taxes
• 3 Sumptuous meals daily
• NO tipping
• Wine & beer with lunch & dinner
• Expert sport instruction with quality equipment
• Water skiing
• Windsurfing workshop
• Sailing
• Snorkeling
• Dedicated dive shop

ASK FOR JANNE
818/888-2200
213/873-7000

SHORE TO SHORE TRAVEL
4880 Topanga Canyon Blvd.
Woodland Hills, CA 91364

CLUB MED
The antidote for civilization.

NEED CASH?
WE BUY USED CD's & LP's
SELL & TRADE
TURN ALBUMS & CD's INTO SPENDING CASH
Auditory Odyssey
6338 Laurel Canyon Blvd.
(at Victory Blvd.)
(818) 762-0266
OPEN NITES TIL 10:00 Sun Til 9:00
WITH THIS AD
1.00 OFF ANY NEW OR USED CD

EASY EXTRA $$$
EARN UP TO $360 PER MONTH FOR ONLY SIX HOURS OF YOUR SPARE TIME
FERTILITY LAB PAYS $30 PER SEMEN SAMPLE TO QUALIFIED DONORS
ALL RACES NEEDED
CALL: [800] 228-5577
FOR RECORDED INFO.
ZYGEN LAB, TARZANA

INSURANCE WAR!
WILL BEAT ANYONES PRICES OR DON'T WANT YOUR BUSINESS.
SPORTS CARS, MULTI-TICKETS/ACCIDENTS, STUDENT DISCOUNTS.
Request "LAVC PLAN"
[818] 992-6966
[OR]
[213] 873-3303

FINANCIAL OPPORTUNITY
BUSINESS-MINDED PEOPLE WHO WISH TO MAKE AN EXCITING 2nd INCOME
$500 - $2000/MO.
PART TIME
UNLIMITED MONTHLY INCOME FULL TIME
NO PRODUCTS OR INVENTORY
CALL for FREE DETAILS
[818] 905-2190

GOVERNMENT SEIZED VEHICLES FROM $100
★ FORDS
★ MERCEDES
★ CORVETTES
★ CHEVYS
SURPLUS
BUYERS GUIDE
[1] 805-687-6000
Ext. S-2349

LOANS / CREDIT CARDS
STUDENTS ! !
GET ANY LOAN OR CREDIT CARD YOU WANT!
BAD CREDIT
OR
NO CREDIT ?
NO PROBLEM ! !
CALL FOR FREE DETAILS.
(818) 881 - 4882 Ext. 260.

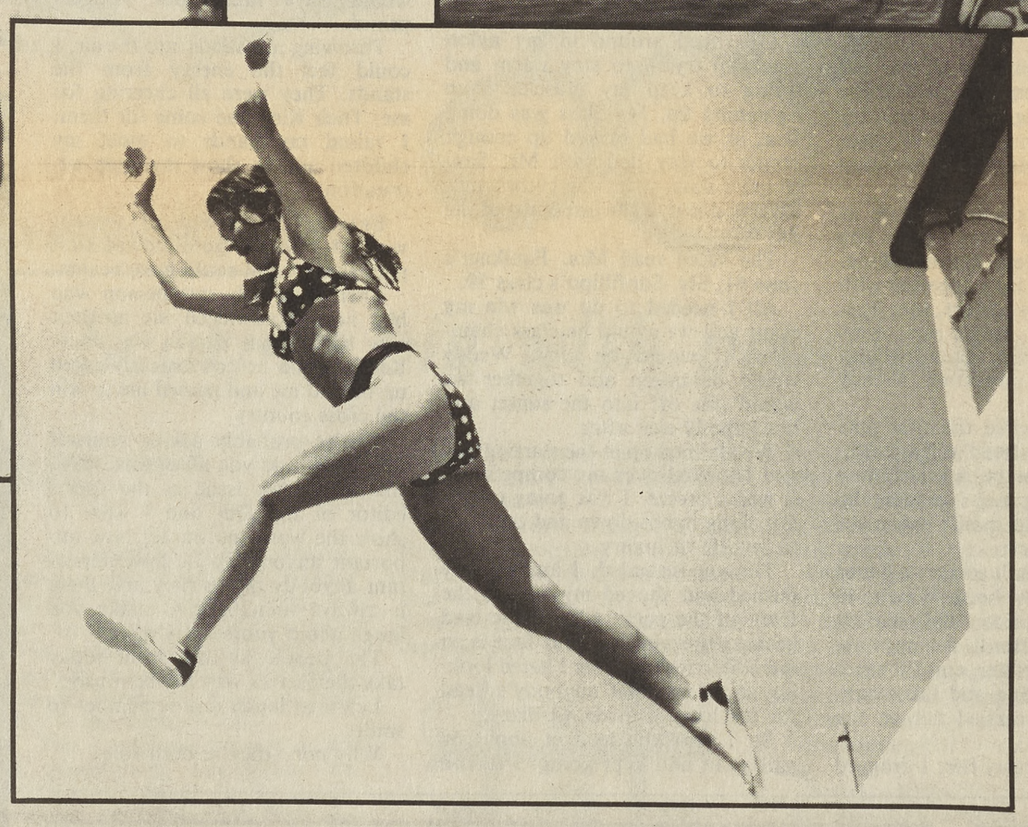
STUDIO CITY CHARM
MALE ROOMMATE, 3-story spacious townhouse with full house privileges. Pool, laundry, gated parking, large kitchen, big frig, microwave, elegant dining room, quiet.
For non-smoker who wants a lot of space. Near Universal Studios. Available immediately. $425/m. + deposits.
I'm a male computer whiz and medical researcher.
Dan, 818-760-6909

Skindiving into Biology

WET SUIT OF ARMOR — Dressed for the occasion, LAVC student Donna Piluso takes time to smile.

H2O ASSAULT — Nicole Scott gears up.

Photos by
Nathan Dean Reponte
&
Joe Don Lewis



MIDFLIGHT FUN — (Top Right) To dive or not, ponders Jessica Gados, a little too late. (Bottom) Jessica leaps from the prow of the *HIMS* only to fall into the cool, clear water.

STUDICONIS DIVORIS — A group of divers plan their next excursion into the colorful nether world of Emerald Bay off Catalina Island. The Catalina skindiving excursion is one of many field trips offered by the Biology Department to diverse places, including Anacapa Island, Sea World, Whale Watch and Cabrillo Museum; these trips are offered annually.